

OKTOBERFEST



APRIL IS
ALCOHOL
AWARENESS
MONTH





DO YOU HAVE AN ALCOHOL



DEPENDENCY ?

- Have you ever felt you could Cut down on your drinking?
- Have people Annoyed you by criticizing you about your drinking?
- Have you ever felt Guilty about your drinking?
- Have you ever had a drink first thing in the morning (Eye-opener) to steady your nerves or get rid of your hangover?





**IF YOU ANSWERED YES
TO TWO OR MORE OF
THESE QUESTIONS,
YOU PROBABLY HAVE
AN ALCOHOL
DEPENDENCY.**

ALCOHOL ABUSE & ALCOHOLISM

- **Fact: 14 million Americans adults - 1 in every 13 - meet the diagnostic criteria for the clinical disorders alcohol dependence (**commonly known as alcoholism**) and alcohol abuse.**
- **Fact: 50% of adults have or have had a family relative with one of these disorders.**

ALCOHOL ABUSE & ALCOHOLISM

- **Fact:** > 70% of drinkers exceed **moderate** drinking guidelines.
- **Fact:** > 50% of college drinkers say they drink to “**get drunk.**”
- **Fact:** Alcohol abuse and **alcoholism** cost the American society > **167 billion dollars** each year.

HOW DOES ALCOHOL AFFECT THE BODY?

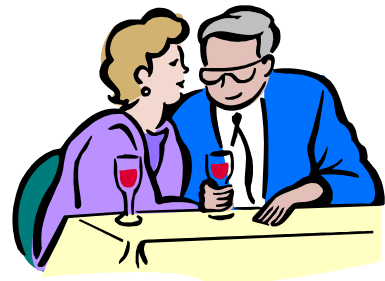
- **The liver breaks down alcohol at a fixed rate.** For an average adult, it can handle less than a standard drink per hour.
- **If a 70 kg man (150 lbs) drank two beers in an hour, his liver would deal with most of the alcohol from one beer, but the rest would stay in his blood, therefore impairing his function.**

HOW DOES ALCHOL AFFECT THE BODY?

- There are no quick cures for intoxication.
- The liver simply needs time to do its work.
- Strong black coffee will merely produce a **wide-awake drunk**. It will not sober a person up; only time will do that.

ALCOHOLISM MYTHS

- **Myth:** Alcoholics are weak. If they were stronger, they could just stop drinking.
- **Fact:** Alcoholism is a disease not a moral weakness. Alcoholics are compelled to drink, and can only stop with help.
- **Myth:** I can't become an alcoholic. It's only for bums and such.
- **Fact:** Anyone can be an alcoholic. Alcoholism affects people of all classes, races, sexes, countries. Many famous figures in history were alcoholics.



ALCOHOLISM MYTHS

- **Myth:** I can't be an alcoholic. I am a woman.
- **Fact:** A woman is just as likely to become an alcoholic as a man. The ratio of women to men is leveling as more women today are willing to admit their problem publicly.
- **Myth:** I never drink alone. I'm always with friends, so I can't be an alcoholic.
- **Fact:** Where a person drinks is not important. How much and how often are more important than where. In fact, some alcoholics have "drinking buddies"- other alcoholics that they drink with on a regular basis.



ALCOHOLISM MYTHS

- **Myth:** I can control my drinking. I only drink on the weekends, so I can't be an alcoholic.
- **Fact:** This is called binge drinking - a period of abstinence from alcohol followed by large consumption of alcohol over a short period of time. It is a very common form of alcoholism - especially among college students.
- **Myth:** I only drink beer, so I can't be an alcoholic.
- **Fact:** Alcohol is alcohol. It simply takes a greater quantity of beer to become inebriated.



FACTS ON ALCOHOL

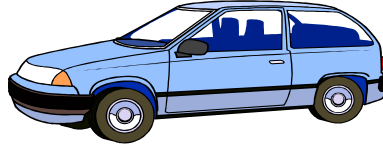
- **Fact:** 2 people can drink the same amount and not be equally intoxicated. A number of factors can make a difference.
 - Regular drinking increases your tolerance - you need more alcohol to get the same effect.
 - The effects also vary with age, mood, weight, stomach contents, speed of drinking, and type of alcohol consumed.
 - Older adults break down alcohol at a slower rate, therefore they feel the effects longer.

FACTS ON ALCOHOL

- **Alcohol affects people in different ways.**
 - **Food slows down the absorption of alcohol into the bloodstream.**
 - **Drinking quickly results in a high blood alcohol concentration (BAC) and increased effects.**
 - **Weight and the amount of body fat make a difference.**
 - **How drunk you become depends on the percentage of alcohol in your bloodstream, which in turn depends on the amount of blood in your body.**

WHAT IS MODERATE ALCOHOL CONSUMPTION?

- Consumption of not more than two standard drinks per day by a man under age 65 and not more than one standard drink per day by a woman of any age.
- Drink Equivalent
 - 1 DRINK = 1 .25 oz rum, rye, scotch, gin, etc
 - 1 DRINK = 1 12 oz bottle of domestic beer
 - 1 DRINK = 3.5 oz fortified wine,
 - 1 DRINK = 5.5 oz unfortified/table wine



DRINKING AND DRIVING

- Having “just a few drinks” may make you feel less inhibited and more willing to take greater risks than usual. **Drinking and driving any motor vehicle will increase your chances of having an accident, even if you are not legally impaired.** When you drink, you are less alert and less physically coordinated and your judgement is affected.

